



# Everybody could use a **FITNESS BUDDY**

Get moving twice a week with your  
Somerville Fitness Buddies...  
Kicking off this January!

Motivate 2 or more people you care about  
– friends, co-workers, neighbors, family –  
to join you  
for 10 weeks of fun and exercise at your own pace!

The Somerville Fitness Buddies Program will provide you  
with tips, coaching workshops, and support  
to help you and your Buddies take steps together  
toward better health in the New Year.



To sign up, contact Nicole Riales, Somerville Health Department  
Tel 617.625.6600, Ext. 2414 Email [nrioles@ci.somerville.ma.us](mailto:nrioles@ci.somerville.ma.us)

Sponsored by Shape Up Somerville: a campaign for healthy eating and active living